

12 Week Journal

	Time Balanced For	Daily Exercise/s	Standing Position/s Used	Notes
Day 1		Balance tests		
Day 2		1 exercise (3 mins max) & breakpoint exercise		
Day 3		Balance tests		
Day 4		1 exercise (3 mins max) & breakpoint exercise		
Day 5		Balance tests		
Day 6		1 exercise (3 mins max) & breakpoint exercise		
Day 7		Rest		
Day 8		Balance tests		
Day 9		1 exercise (3 mins max) & breakpoint exercise		
Day 10		1 exercise (3 mins max) & breakpoint exercise		
Day 11		Rest		
Day 12		1 exercise (3mins max) & breakpoint exercise		
Day 13		Balance tests		
Day 14		Rest		
Day 15		1 exercise (6 mins max) & breakpoint exercise		
Day 16		Balance tests		
Day 17		1 exercise (6 mins max) & breakpoint exercise		
Day 18		Balance tests		
Day 19		1 exercise (6 mins max) & breakpoint exercise		
Day 20		Balance tests		
Day 21		Rest		
Day 22		Balance tests		
Day 23		1 exercise (6 mins max) & breakpoint exercise		
Day 24		1 exercise (6 mins max) & breakpoint exercise		

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	Time Balanced For	Daily Exercise/s	Standing Position/s Used	Notes
Day 25		Rest		
Day 26		1 exercise (6 mins max) & breakpoint exercise		
Day 27		Balance tests		
Day 28		Rest		
Day 29		1 exercise (10 mins max) & breakpoint exercise		
Day 30		Balance tests		
Day 31		1 exercise (10 mins max) & breakpoint exercise		
Day 32		Balance tests		
Day 33		1 exercise (10 mins max) & breakpoint exercise		
Day 34		Balance tests		
Day 35		Rest		
Day 36		Balance tests		
Day 37		1 exercise (10 mins max) & breakpoint exercise		
Day 38		1 exercise (10 mins max) & breakpoint exercise		
Day 39		Rest		
Day 40		1 exercise (10 mins max) & breakpoint exercise		
Day 41		Balance tests		
Day 42		Rest		
Day 43		Balance tests		
Day 44		2 exercises (10 mins max) & breakpoint exercise		
Day 45		2 exercises (10 mins max) & breakpoint exercise		
Day 46		Rest		
Day 47		2 exercises (10 mins max) & breakpoint exercise		
Day 48		Balance tests		

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	Time Balanced For	Daily Exercise/s	Standing Position/s Used	Notes
Day 49		Rest		
Day 50		3 exercises (10 mins max) & breakpoint exercise		
Day 51		Balance tests		
Day 52		3 exercises (10 mins max) & breakpoint exercise		
Day 53		Balance tests		
Day 54		3 exercises (10 mins max) & breakpoint exercise		
Day 55		Balance tests		
Day 56		Rest		
Day 57		Balance tests		
Day 58		3 exercises (10 mins max) & breakpoint exercise		
Day 59		3 exercises (10 mins max) & breakpoint exercise		
Day 60		Rest		
Day 61		3 exercises (10 mins max) & breakpoint exercise		
Day 62		Balance tests		
Day 63		Rest		
Day 64		4 exercises (10 mins max) & breakpoint exercise		
Day 65		Balance tests		
Day 66		4 exercises (10 mins max) & breakpoint exercise		
Day 67		Balance tests		
Day 68		4 exercises (10 mins max) & breakpoint exercise		
Day 69		Balance tests		
Day 70		Rest		
Day 71		All exercises (10 mins max) & breakpoint exercise		
Day 72		Balance tests		

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	Time Balanced For	Daily Exercise/s	Standing Position/s Used	Notes
Day 73		All exercises (10 mins max) & breakpoint exercise		
Day 74		Balance tests		
Day 75		All exercises (10 mins max) & breakpoint exercise		
Day 76		Balance tests		
Day 77		Rest		
Day 78		Balance tests		
Day 79		All exercises (10 mins max) & breakpoint exercise		
Day 80		All exercises (10 mins max) & breakpoint exercise		
Day 81		Rest		
Day 82		All exercises (10 mins max) & breakpoint exercise		
Day 83		Balance tests		
Day 84		Rest		